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The Fort Jackson **Leader**



Thursday, June 18, 2009

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www.fortjacksonleader.com

Hero's salute

*Fort Jackson Soldier
earns Silver Star*

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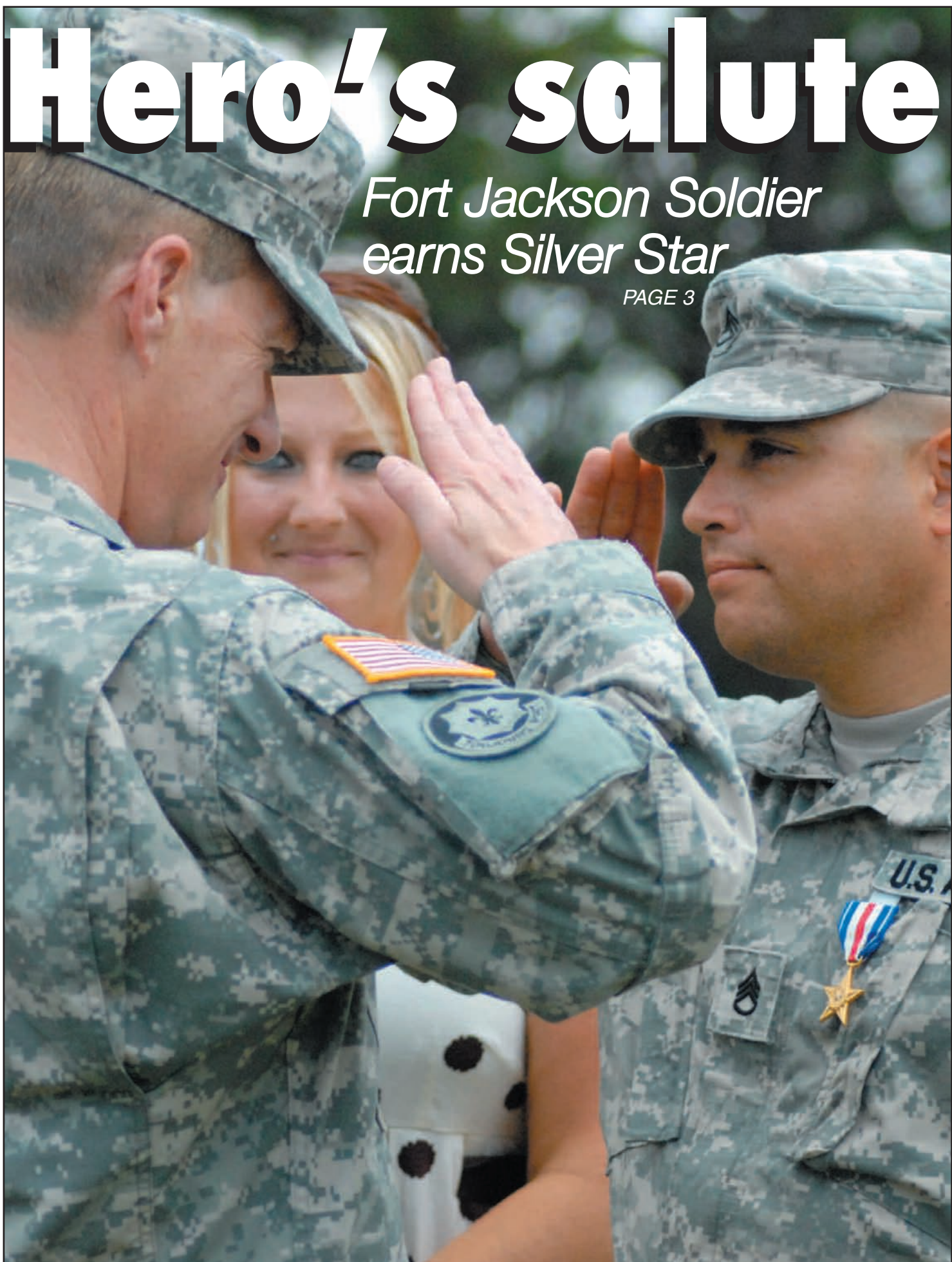


Photo by SUSANNE KAPPLER

Brig. Gen. Bradley May, Fort Jackson commanding general, salutes Staff Sgt. Sean Samaroo, 4th Battalion, 10th Infantry Regiment, during the Silver Star presentation as Samaroo's wife Natasha looks on with pride.

Family support fuels success

Last week, we re-signed the Army Family Covenant on post, and this Sunday is Father's Day — what a one-two combination of events for the Fort Jackson family man! Let me wish all the Soldier-dads, dad-spouses, and civilian-dads a happy Father's Day in advance.

And let me remind you of a new leave policy that the Army has in place that permits new Soldier-dads 10 days of administrative leave.

Of course, there are some rules that apply. The policy, which took effect earlier this year, allows for up to 10 days of annual leave — which had been taken in connection with the birth of a new family member — to be restored or re-credited to the Soldier's leave account.

That means that if a Soldier plans to take advantage of paternity leave, he will need to take accrued leave in conjunction with this option. Other important rules are that the leave cannot exceed 10 days and it must be taken consecutively and within 45 days after the birth of his child.

Nevertheless, the birth of this addendum to leave policy is important to note in that it sends yet another strong signal of the Army's deep commitment to the Army family.

The policy itself signals the appreciation for Soldier-

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



dads, because leave time can take months to accrue. Those 10 days are very important to new Soldier-dads, who find themselves trying to balance the tasks of taking care of their wives, newborns and, in many cases, other children, as well as accomplishing the things that need to be done in the home.

A father plays a very important role in the days following the birth of a child. And, again, the Army is recognizing that fact as it continues to prioritize the important of the Army family.

The leadership on Fort Jackson recognizes the commitment and increasing sacrifice that our families are making each and every day, and we want to reiterate that we are

committed to enhancing the strength and resilience of our families. As a result of the Fort Jackson Family Covenant, we have standardized and funded existing family programs and services; increased accessibility and quality of our health care; improved Soldier and family housing; ensured excellence in schools, youth services and child care; expanded education and employment opportunities for family members.

And with the re-signing of this covenant, we will continue to provide Soldiers and their families the quality of life commensurate with their service. The covenant boils down to the fact that strong families are important to the Army. Strong families are a readiness issue. And, the Army is committed to providing our families a strong supportive environment where they can thrive.

By re-signing this document, we reaffirm our support. This was not a mere ceremony. And the family covenant is more than a document. It's the fuel for our success. It's the energy that powers every completed mission. At Fort Jackson, we will continue to reach out to Army families.

Here on Fort Jackson, we have more than 3,900 active duty Soldiers and there are 14,000 family members. The numbers alone speak to the importance of families.

What could be more important?

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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Water park; lost time; service schools for drill sergeants

When is the water park open?

Palmetto Falls is open Tuesdays through Saturdays, 11 a.m.-7 p.m., and on Sundays, 1-7 p.m. The water park is closed on Mondays.

What is lost time?

Lost time refers to periods of more than one day when a Soldier on active duty cannot perform duty because of desertion, absence without proper authority, confinement under sentence, confinement while awaiting trial or disposition of a Soldier's case, if trial results in conviction, excessive use of drugs or alcohol, and disease or injury caused by the result of a Soldier's misconduct.

Time lost during an enlistment period will be made good at the end of the enlistment period. Every Soldier in active federal service who is unable to perform duty for more than one day, will complete the full term of service or obligation, exclusive of lost time. Their term will be served when the Soldier returns to full duty status.

When an enlistment is extended by law, time lost will be made good at the end of the extension. This requirement may be waived by Headquarters Department of the Army.

Recommendations for waiver of time lost will be submitted to HQDA when the separation authority considers that, because of unusual circumstances, a lost time waiver is in the best interest of the Soldier and the government.

I am a drill sergeant and would like to submit a packet

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



for a service school. When can I apply?

Soldiers in drill sergeant candidate status or serving as drill sergeants may submit applications for attendance to service schools such as Warrant Officer Candidate School, Special Forces Assessment and Selection, and Battle Staff upon completion of 18 months of their stabilization period.

If selected for attendance to these or any other service school, Soldiers will receive a class date after termination of their stabilization period. The approval authority for this waiver is the director of enlisted personnel, Human Resources Command.

GARRISON FACT OF THE WEEK

Videorama can convert your non-copyright home videos to DVD format. For more information, call 790-4210 or 751-4162.

To submit questions for the "Ask the Garrison Commander," call 751-2842, or e-mail scott.nahrwold@conus.army.mil.

CONTACTING THE LEADER

To contact the *Leader* about story ideas or announcements, e-mail FJLeader@conus.army.mil.

Fort Jackson Soldier earns Silver Star

By **SUSANNE KAPPLER**

Fort Jackson Leader

Staff Sgt. Sean Samaroo, 4th Battalion, 10th Infantry Regiment, was awarded the Silver Star for his actions in Afghanistan in a ceremony June 11.

The ceremony took place at the newly designated Wanat Range, formerly Camden Range.

Samaroo received the award, the nation's third highest military decoration, for his part in the Battle of Wanat, which took place 2008 in the eastern province of Nuristan, Afghanistan. Samaroo is also a Purple Heart and Bronze Star recipient.

"There were a lot of heroes out there," Samaroo said. "Some maybe didn't get recognized as much as me. I'm pretty thankful and honored."

On the morning of July 13, 14 months into Samaroo's deployment, an estimated 200 enemy fighters launched a coordinated assault on a small vehicle patrol base manned by approximately 50 American and coalition troops.

As the battle began, Samaroo — then with Company C, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade — and his squad were manning a traffic control point near the base. Samaroo's squad successfully defended the traffic control point before reinforcing an observation point, which was under threat to be overrun by the attackers.

On his way to the observation point — an uphill climb through exposed terrain — Samaroo encountered three wounded Soldiers, whom he and his squad brought to safety.

Samaroo himself was wounded by shrapnel and was bleeding from the head and legs, but refused to leave his position until reinforcements arrived.

Nine American Soldiers were killed in the attack; 27 Americans and four Afghan soldiers were wounded.

Samaroo credited his training and instinct with helping him through the situation.

"There was a time that I did not want to go up that hill," he admitted. "I thought that it was too early. There's such a thing as tactical patience. You have to let the battle evolve. Because of that, I believe we saved a (few) more lives that way."



Staff Sgt. Sean Samaroo, 4th Battalion, 10th Infantry Regiment, was awarded a Silver Star for his actions during the Battle of Wanat in Afghanistan. The Silver Star, the third highest military decoration, is awarded for gallantry in action, performed with marked distinction.

After he was wounded, Samaroo said goodbye to his wife and son aloud, according to a first-person account read during the ceremony by Lt. Col. Richard McDermott, 4th Bn., 10th Inf. Reg. commander.

"That's when I said, 'Man, this is it. You're gone,'" Samaroo said. "I really thought I was, but I just clicked like that and started focusing back on what I had to do."

Samaroo admitted that the incident changed his life.

"Any time you have a near-death experience ... it changes you. It does. You think about the small things in life," he said.

Samaroo, who has been in the Army for nine years, came to Fort Jackson in January as a cadre instructor at Camden Range. The range, which has been undergoing extensive upgrades, was renamed "Wanat Mounted Convoy Live Fire Range" in honor of the Soldiers who died during the Battle of Wanat.

Brig. Gen. Bradley May, Fort Jackson commanding general, called the renaming a fitting tribute as the range will be used to train "skills that will allow (Soldiers) to thrive in



Photos by SUSANNE KAPPLER

Samaroo cuts the ribbon to Wanat Range June 11. The range was named after the Battle of Wanat, in which nine American Soldiers were killed and 27, including Samaroo, were wounded.

combat, just as Staff Sgt. Samaroo did."

Samaroo said he hopes to pass on those skills and ultimately intends to become a drill sergeant.

"That's always been a dream of mine, being a drill sergeant," he said. "I want to be able to share what I learned as a combat Soldier."

Susanne.Kappler1@us.army.mil

Taking the guidon



*Photo by Sgt. Maj. Mark Schulz,
108th Training Command*

Col. Andrew Bassford takes the guidon from Brig. Gen. Robert Stall, 98th Training Division commander, at the 2nd Brigade, 98th Division (IET) change of command ceremony Sunday. Bassford replaces outgoing commander Col. Daniel Reid.

LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the July 2 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the July 2 *Leader* must be submitted by June 25.

❑ Send all submissions to FJLeader@conus.army.mil.

FOR THE RECORD

Capt. Curtis Brooker was misidentified in last week's *Leader*. He is the commander of Company D, 1st Battalion, 13th Infantry Regiment.

Post volunteers recognized

By **SUSANNE KAPPLER**
Fort Jackson Leader

Fort Jackson's volunteers were honored in a ceremony June 11 at the Solomon Center. Last year, more than 1,000 volunteers contributed more than 75,000 hours to the installation's 16 volunteer organizations.

Brig. Gen. Bradley May, Fort Jackson commanding general, praised the volunteers' efforts as a vital part of the Army community.

"Many Army organizations and programs began as total volunteer endeavors and grew into Army Community Service, child development centers, Army Family Team Building, Army Family Action Plan and family readiness groups, just to name a few," May said. "Many Army organizations would not function successfully without volunteers."

This year, many of the volunteers were active in more than one organization, said Marilynn Bailey, Fort Jackson volunteer coordinator.

"I think it has a tremendous impact on our community when we have volunteers who are willing to give up their personal time to more than one organization," Bailey said. "We are very fortunate as an installation to have people who care enough about our community to do this."

During the event, Fort Jackson volunteers of the year were named in four categories: youth volunteer, retiree volunteer, active-duty volunteer and family member / civilian volunteer.

In addition, five volunteers were inducted in the Volunteer Hall of Fame for their contributions for more than two years.

Amy Scarpulla, a family member, won the award in her category for volunteering with the 2nd Battalion, 39th Infantry Regiment family readiness group, the Fort Jackson Spouses' Club, At Ease, the Fort Jackson Yahoo Group and the drill sergeant spouse focus group.

"(Volunteering is) something I've always done,"

VOLUNTEERS OF THE YEAR:

- ☐ Youth category: Jessica Doiron, 16, Thrift Shop
- ☐ Retiree category: Mark Kirkendall, Boy/Cub Scouts
- ☐ Active duty military category: Sgt. 1st Class Rafael Abreu; Sgt. 1st Class Rene Aguayo; Sgt. 1st Class Jamie Delmolino; Sgt. 1st Class Cheri Depenbrock; Sgt. 1st Class Ronald Jackson; Master Sgt. Richard Lopez; Sgt. 1st Class David Sloan; all with the Recruiting and Retention School.
- ☐ Family member / civilian: Amy Scarpulla, 2nd Battalion, 39th Infantry Regiment

VOLUNTEER HALL OF FAME INDUCTEES:

- ☐ Edith Currie, American Red Cross
- ☐ Loretta Hill, Daniel Circle Chapel
- ☐ Donna Oates, 2nd Battalion, 39th Infantry Regiment
- ☐ Jeanette Outten, Main Post Chapel
- ☐ Rhonda Woody, 171st Infantry Brigade

Scarpulla said. "I love to be involved in the military community, no matter what post we've been stationed at. It's a great way to give back to the Soldiers who work so hard every day."

Scarpulla said she was surprised to win the award.

"Never in a million years did I even think that I would win this great and amazing honor," she said. "I hardly think of what I do as work, it's just something I love to do — and to be recognized for something you love to do is unbelievable."

Susanne.Kappler1@us.army.mil

Editor's note: Volunteers who were recognized can download their photos at www.fortjacksonmwr.com/VolunteerOfTheYearPhotos.

New top recruiter



Photo by MAGGIE SMITH, Columbia Recruiting Battalion

Lt. Col. Charlester White took command of the Columbia Recruiting Battalion Friday in a Change of Command ceremony at the Officers' Club. White replaces Lt. Col. Antonio McKoy.

Fort Jackson renews support of Army Family Covenant

By **SUSANNE KAPPLER**
Fort Jackson Leader

Fort Jackson leaders reaffirmed their commitment to Army families by re-signing the Army Family Covenant June 10 at the Solomon Center.

"We recognize the commitment and increasing sacrifice that our families are making each and every day," said Brig. Gen. Bradley May, Fort Jackson commanding general. "We are committed to enhancing their strength and resilience."

Fort Jackson officials first signed the Army Family Covenant Nov. 19, 2007. Since then, family programs and services have received an increase in funding, resulting in expanded and new programs on post.

For example, Army Community Service has hired additional staff to expand its programs, including personal financial readiness, the Exceptional Family Member Program, victim advocacy, relocation services and employment readiness services.

As a result of the Army Family Covenant, Child, Youth and School Services

eliminated the registration fee for all eligible users, implemented free respite care for certain groups and expanded the service hours of its child care facilities.

In addition, CYSS has started new programs, such as free transportation to the Youth Services Center for children residing on post, and expand transportation for off-post middle-school and high-school students to the Youth Services Center.

Currently, two new child development centers are under construction and are expected to open in 2010.

Garrison Command Sgt. Maj. Christopher Culbertson said re-signing the Army Family Covenant demonstrates the installation's continued support of family members.

"Each year you may have new members (of the community), new partners and new families who come to the installation. They may not know and understand the family covenant," Culbertson said.

"Reaffirming it shows our commitment — our commitment with our partners, and it shows full support and dedication of the program."

Susanne.Kappler1@us.army.mil

Roadrunners CoC



Photo by DELAWESE FULTON

Lt. Col. Charles Krumwiede took command of the 1st Battalion, 61st Infantry Regiment in a Change of Command ceremony yesterday at the Officers' Club. Krumwiede replaces Lt. Col. Scott Heintzelman.

Housing Happenings

❑ The Housing Services Office is available to assist residents with any relocation needs — including buying or renting housing in the area. The HSO can even assist during a PCS move. Services are available to both military and civilians. The HSO office also allows property owners/managers to list property for sale or rent through its office. Call 751-7566/5331/5788, or you may visit the Strom Thurmond Building, Room 241 for information.

❑ In order to keep the community beautiful, all abandoned toys, bikes, clothing, etc. will be picked up by Balfour Beatty Communities staff and placed in a lost and found. If you are missing an item, please contact the maintenance shop at 787-6416.

❑ LifeWorks events are always free and open to all residents. To register, or for more information, contact Courtney at 738-8275 or CoWilliams@bbcgrp.com. Join the LifeWorks email list and stay informed. Send your contact information to Courtney today.

❑ Yard of the Month winners for May are: PT 1 - 7010A, PT 2 - 7045B, PT3 - 6708A, PT4 - 5956C, PT5 - 5801A, PT6 - 5732A, PT7 - 5077D, and Howie Village 3733A. The grand prize winner is PT7 - 5077D. All winners will receive a yard sign. The grand prize winner will also be awarded a \$50 gift certificate. June Yard of the Month nominations are currently being accepted. Email your nominations to CoWilliams@bbcgrp.com or call 738-8275.

❑ Parents are reminded to keep children away from the fenced in areas as construction continues. With abatement and demolition, the structures can become weakened and could cause serious injury.

❑ Lease renewals are being accepted for those with leases expiring July 31. Get extra money just for renewing your lease. Call the Community Management Office today to schedule an appointment.

❑ An open house is scheduled from 9 a.m. to noon, Saturday, for residents and prospective residents to view the model home at 5822B. A Balfour Beatty Communities representative will be available to conduct tours and answer questions. Anyone who refers a potential resident who eventually moves in will receive \$300.

❑ Balfour Beatty Communities is now leasing to single Soldiers E6 and above. There are a limited number of apartments available on Thomas Court for single Soldiers. Contact the Community Management office for details. if you refer someone and they move in, you will receive \$300.

CONTACTING THE LEADER

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- ❑ For questions regarding advertising or subscriptions, call 432-6157.



Photo by DELAWESE FULTON

Junior ROTC members Justin McCullough, right, and Chasity Lewis practice using a compass. McCullough, 17, of Kingstree Senior High School and Lewis, 16, of West Brunswick High School in North Carolina were among more than 700 students to participate in Camp Carolina last week.

Prospective Soldiers take a ‘field trip’ — Army style

By DELAWESE FULTON
Fort Jackson Leader

More than 700 high school students from North and South Carolina gathered at Fort Jackson this past week for the Junior ROTC Junior Cadet Leadership Challenge — also known as Camp Carolina.

Supported by the Army National Guard from North and South Carolina, the camp focuses on team building and adventure training.

A cadre of 120, consisting of retired officers and noncommissioned officers, and 20 chaperones guided the students through an array of field exercises. The students also had some fun in at Knight Swimming Pool.

“The camp has been great,” said Richard Underwood, leadership challenge commandant and an instructor at Jack Britt High School in Fayetteville, N.C. Underwood added that the high schoolers participated in a variety of challenges, including ropes,

land navigation and water obstacles.

Head chaperone Thelma Luckey, also a retired Army Reservist and a teacher’s assistant at a North Carolina high school, said this year’s camp has run as smooth as ever.

“They’re kids, and you just deal with (what comes along),” said Luckey, who is in her 13th year with the JROTC camp.

Luckey said she and her staff kept the students motivated. All-around teamwork made the camp a success, she said.

Theo Faison and Matthew Blake, both of the Kingstree High School JROTC program, said their participation in the camp is their way of giving back to their community.

“It’s a good way to help the community,” Blake said of their training future leaders.

Camp Carolina concluded with a graduation ceremony Tuesday morning. The JROTC camp is conducted annually to promote and encourage future leaders in the military.

Delawese.Fulton@us.army.mil

Sunblock use skin cancer's best defense

By **MARCIE BIRK**

U.S. Army Center for Health Promotion and Preventive Medicine

Skin cancer is the most common form of cancer in the United States. According to the Mayo Clinic, more than a million skin cancers are diagnosed annually. The number of cases of melanoma, the most deadly form of skin cancer, is increasing faster than almost any other cancer. In 1930, Americans had a 1 in 1,500 lifetime chance of developing melanoma. By 2000, this chance had risen to 1 in 90.

This dramatic rise in skin cancer is due to increased leisure time and more recreational sun exposure. Although most occupational exposure to the sun has decreased, Soldiers are typically exposed to more sunlight than someone with an indoor occupation.

Unit and individual physical training, training exercises, and mission-essential tasks frequently occur outdoors. Soldiers with certain Military Occupational Specialties, such as combat arms, spend long periods of time outdoors year-round. Current operations in theater may also require Soldiers to be frequently outdoors. This increased sun exposure can increase the risk for skin cancer.

On the job, Soldiers can take measures to protect themselves from the harmful effects of the sun. Use your uniform to cover your arms and legs. A wide-brimmed hat can

HELPFUL WEB SITES

- ❑ Protecting Yourself in the Sun: www.osha.gov/Publications/osh3166.pdf
- ❑ National Cancer Institute: <http://www.cancer.gov/cancertopics/pdq/prevention/skin/patient>
- ❑ National Council on Skin Cancer Prevention: <http://www.skincancerprevention.org/>
- ❑ Skin Cancer Foundation: <http://www.skincancer.org/Skin-Cancer/2008-Skin-Cancer-Facts.html>

protect the head and neck. If possible, seek shade between 10 a.m. and 4 p.m. And use a sunblock with a high Sun Protection Factor and reapply every two hours at minimum.

Soldiers and their families should also protect themselves from the sun during recreational and family activities. Make sure to reapply sunblock after swimming or exertion. And don't be fooled into thinking you don't need sunblock when it's cloudy — up to 80 percent of the sun's harmful rays make their way through light cloud cover; 60 percent through heavy cloud cover. Sunburns can also occur during the winter, especially when there is snow on the ground. The take-home message: Use sunblock whenever you are going to be outside.

Some people avoid using sunblock because they don't like the way it feels or smells. Soldiers may feel that using sunblock isn't "hooah." But consider this fact: One in five Americans will develop skin cancer over the course of a lifetime, and sunblock is one of the most effective ways to protect your skin from the sun.

Here are some excuses people use to avoid sunblock use, and how to solve the issues they raise:

Excuse: "Sunblocks smell flowery and feminine."

Solution: Buy unscented formulations. They are just as effective without the scent.

Excuse: "The oily base makes my skin feel greasy."

Solution: Water- or alcohol-based lotions, creams, gels and sprays actually outnumber oil-based products. Try different types and brands to find out what feels right for you.

Excuse: "They make my hands slippery."

Solution: Try a sport sunscreen. They're designed to absorb quickly without leaving a greasy or sticky residue.

Excuse: "When I sweat, the stuff runs into my eyes and stings."

Solution: Use a stick sunscreen on your forehead and around your eyes. It is easy to apply and stays put.

H1N1: Plan now for fall, winter

By **LYN KUKRAL**

U.S. Army Center for Health Promotion and Preventive Medicine

Public health professionals at the Army Center for Health Promotion and Preventive Medicine advise that summer is a good time to get ready for this year's fall and winter flu season.

In summer, flu viruses, including H1N1 (formerly called swine flu) are less active in infecting those who live in the northern hemisphere, according to John F. Ambrose, the epidemiologist leading CHPPM's flu surveillance efforts. In fall and winter, flu cases always increase, he said.

Along with scientists at the Centers for Disease Control and Prevention and the World Health Organization, CHPPM public health experts are uncertain what to expect from H1N1 in the next flu season.

"There's really no way to tell what H1N1 flu will do; expert opinions differ," Ambrose said. "The best advice is, hope for the best, but plan for the worst."

History provides examples of "best" and "worst" flu epidemic and pandemic behaviors.

"Some have started out mild and then come back aggressively during flu season, causing serious illness and deaths," Ambrose said. "Others just don't come back, or remain relatively mild."

Because health experts do not yet know what H1N1 will do, making preparations at home, planning how to manage possible school closures and making a work-from-home plan is prudent.

Ambrose advises that the CDC and the

Helpful H1N1 Web sites:

- ❑ CHPPM: <http://chppm-www.apgea.army.mil>
- ❑ PandemicFlu: <http://www.pandemicflu.gov>
- ❑ CDC: <http://www.cdc.gov/swineflu/>
- ❑ DOD Flu Watchboard: <http://fhhp.osd.mil/aiWatchboard/>

Department of Health and Human Services are excellent and reliable sources of information for Soldiers and their families. Both maintain Web sites with advice for coping with the flu.

Here are basic tips:

— At home, stock extra food, water and other emergency supplies — the CDC recommends two weeks worth of necessities.

— Keep a supply of non-prescription medications to treat flu and other common illnesses. Flu treatments could include cough and cold medicines, medicine to lower fever, pain relievers, stomach remedies and fluids with electrolytes.

— Ensure a continuous supply of any prescription medicines family and pets need.

— Plan for child care if schools are closed, and check your organization's telework policies. Test telework procedures before needing to use them.

Like other types of flu, H1N1 spreads via the respiratory system, through close contact (6 feet or less) or by respiratory droplets on surfaces such as telephones, door knobs and desks, said Lt. Col. Rod-

ney Coldren, a physician and CHPPM's disease surveillance program manager.

Some people may not even realize they have the H1N1 flu, but most will experience typical flu symptoms.

"H1N1 symptoms encompass the full spectrum of symptoms, from asymptomatic cases to full-blown fever, chills, headache and cough," Coldren said. "So far, it's exactly the same as seasonal flu."

Preventive measures for flu are also available on the CHPPM, CDC, and HHS Web sites.

"Amazingly, the most effective preventive measure against flu, as well as other respiratory diseases and gastrointestinal diseases, is effective hand-washing," Coldren emphasized. "Wash hands frequently — before eating, after using the bathroom, after smoking or any time you think you've come in contact with germs."

Other preventive measures include covering nose and mouth when sneezing or coughing, keeping your distance from others who are ill, and staying home from work or school when you are ill, he added.

If you think you have the flu, Coldren said treatment at home is effective for the majority of cases.

"There is usually no reason to seek medical care, unless symptoms become severe," he said. "If that happens — if you can't take fluids and food or if you have trouble breathing — call your primary care provider for instructions on procedures."

It's important to contact your caregiver before going to the clinic or hospital, to ensure that caregivers are alerted that you may be infectious and can protect themselves and other patients, he added.

MACH updates

CATARACT SCREENING

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations tomorrow and July 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members.

To schedule an appointment, call 751-5406. Patients do not need a referral to schedule an appointment.

NCO INDUCTION CEREMONY

There will be an NCO Induction Ceremony 3:30 p.m., tomorrow at the NCO Club. This event is open to everyone. Command sergeants major and commanders are considered VIPs and should please RSVP by e-mail with Sgt. 1st Class Eric Mason at Eric.Mason@amedd.army.mil or call 751-0460.

APPOINTMENT CANCELLATION

A phone number has been established for patients wishing to cancel their appointments after duty hours. To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

MACH CLASSES SCHEDULE

❑ Cholesterol and High Blood Pressure: today, 2-3 p.m., June 25, 2-3 p.m.

❑ Active Duty Weigh to Stay: Monday, 1-3 p.m.

All classes are in Room 8-85.

For appointments or registration call 751-2363 with a referral or 751-CARE without a referral or call the nutrition clinic at 751-2489.



Heard: Soldiers should be adaptive

Rank, name
Sgt. 1st Class Charles W. Heard

Unit
Headquarters, U.S. Army Chaplain Center and School

Military Occupational Specialty / Job title
56M, Chaplain Assistant/senior developer-writer

Years in service
19 years, 11 months

Family
Married, two sons

Highest education
Associate of Arts in General Studies, pursuing a bachelor’s degree in Computer Information Management Technology

Hobbies
Computers (building, repairing); computer games, reading, Brazilian Jujitsu



Photo by DELAWESE FULTON
Sgt. 1st Class Jonas Boggess, a 20-year Army veteran, said he is working toward becoming a first sergeant.

Sgt. 1st Class Charles W. Heard said his battle buddies have made the greatest impression on his military career. “Throughout my career, I’ve had the good fortune of working with some of the finest officers, non-commissioned officers and Soldiers in the Army, both inside and outside of my branch,” he said. “Every single Soldier and leader I’ve had prolonged contact with has had an impact on me in some way.” In his 19 years of service, Heard has been assigned to Fort Hood, Texas;

NCO spotlight
Yongsan, Korea; Fort Drum, N.Y.; Wiesbaden, Germany; Fort Stewart, Ga. and Fort Jackson. He has deployed three times to Iraq and once to Kuwait. Because of his experience of working in a variety of conditions, Heard encourages junior enlisted to stay relevant to the world around them. “Never stop learning and never pass

up an opportunity for training. The operating environment is a fluid, dynamic place and the Army needs Soldiers and leaders that are capable of adapting. If you are waiting for the training to come to you, you’re already failing.” Heard is staying true to his advice. In addition to his military duties and after earning his bachelor’s degree, he plans to pursue a master’s in computer science and take up computer programming or design. We Salute You!

The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety. Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment. Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

In Audie Murphy’s footsteps

Photo by JULIA SIMPKINS, Public Affairs Office

Sgt. LayTonia Bailey, HHC, 187th Ordnance Battalion, is inducted into the Sergeant Audie Murphy Club by Fort Jackson Chapter President 1st Sgt. Mark Clark, Soldier Support Institute, at a ceremony Friday at the 120th Adjutant General Battalion (Reception) chapel. Staff Sgt. Amy Friendly, Company C, 3rd Battalion, 60th Infantry Regiment, pictured in the background was also inducted.

LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

- Article submissions are due two weeks before the scheduled publication. For example, an article for the July 2 *Leader* should be submitted by today.
- Announcements are due one week before the scheduled publication. For example, an announcement for the July 2 *Leader* should be submitted by June 25.
- Send all submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.

Post celebrates Army's 234th birthday



A group of Soldiers in period dress stand in front of the flag during last week's Army birthday celebration. The Soldiers' uniforms represented those worn during each period of history since the Army's inception.



Photos by CRYSTAL LEWIS BROWN

Center, Sgt. Jimmie Billison, 3rd Battalion, 34th Infantry Regiment, uses a saber to cut the cake during last week's 234th Army Birthday celebration at Post Headquarters. Brig. Gen. Bradley May, Fort Jackson commanding general, left, and Fort Jackson Command Sgt. Maj. Brian Stall, right.

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

One by one, the Soldiers slowly took their positions in front of Post Headquarters. The 13 Soldiers' uniforms ranged from the elaborate coats and headdress of the Revolutionary War-era Soldier to the BDUs worn by Soldiers only a few years ago.

The Soldiers, representing the progression of the Army from its inception until today, provided a fitting introduction to the Army's 234th birthday celebration.

Though the actual Army birthday was June 14, Fort Jackson celebrated with a ceremony Friday.

Col. Brian Reinwald, 165th Infantry Brigade commander, told those in attendance how important it is to recognize the Army's founding.

"Today, we will do that which our founders could not," he said. "And that is, have a birthday celebration."

The event also provided an opportunity to honor the Army's noncommissioned officers during the Year of the NCO, Reinwald said.

"From the very beginning, the Army has depended on the NCO Corps," he said. "On the 234th birthday celebra-

tion, we celebrate our NCOs."

In further recognition of the Year of the NCO, Sgt. Jimmie Billison, Headquarters and Headquarters Company, 3rd Battalion, 34th Infantry Regiment, was chosen to cut the cake alongside Brig. Gen. Bradley May, commanding general and post Command Sgt. Maj. Brian Stall.

Billison is the most recently promoted NCO in the 165th Infantry Brigade.

He was introduced by Staff Sgt. Lisa Swanson, Fort Jackson's 2009 NCO of the Year.

"It makes you feel like you're really part of something ... especially as a younger Soldier," Billison said afterward. "You just think about all the stuff everybody went through from 1775 until now. You still want to leave that mark."

Also part of Friday's festivities was a cake-cutting ceremony at AAFES' Main PX. Garrison Command Sgt. Maj. Christopher Culbertson did the honors in front of a group of AAFES customers and employees. Before cutting the cake, he led the group in singing "Happy Birthday."

"For 234 years, we've gotten this right," he said, referring to the Army. "We've gotten this right because of great Soldiers, great civilians and great family members."

Crystal.Y.Brown@us.army.mil

First Father's Day bittersweet for mom

Sunday will mark the first time in 15 years that I have celebrated Father's Day. And after such a long hiatus from celebrating the holiday, this year's observance — the first for my husband — will be somewhat bittersweet.

My father was just one month and one week shy of celebrating almost 20 years worth of Father's Days when he died of cancer. Both my maternal and paternal grandfathers had died years before. This year, in fact, is the first since I was a teenager that I have even recalled the date of something that had become just another Sunday to me.

As I prepare for what I am sure will be the first of many Father's Days yet to come, I have been thinking a lot about what it takes to be a father.

My own father had "it." I remember him being slow to anger, but always quick to teach me and my three brothers and sisters something new. He was quiet, but behind his silence lay a great mind and a hard worker.

Although he spoke three languages — and was qualified to teach them all — he never let pride get in the way of providing for us. I recall him working at an ammunition plant, and later, a car dealership in order to make

CRYSTAL CLEAR

By CRYSTAL LEWIS BROWN

Fort Jackson Leader



wanted for anything.

Like my father, my husband seems to have "it" too. And for that, I am grateful.

Although I am sure I don't say it nearly enough, I appreciate those times he catches me right as I teeter near the brink of insanity. From the evenings he has cooked dinner and cleaned the kitchen while I balanced the baby in one arm and a breast pump in the other; to the nights I slept through the baby's crying and he took over by changing his diaper and bringing him to me to nurse in bed so I could function the next day.

sure we never

For the first two months of our son's life, I don't think I even touched a pot or a pan. And although I am sure having frozen pizza for dinner twice a week wasn't my husband's idea of a real meal, he never said a word about it.

In many of the mommy books, blogs and Web sites I read, I often encounter experiences of a mom who leaves the baby with dad for the first time. She is often nervous — will he feed the baby enough? Too much? Will he hold him or leave him to cry it out?

And though I sympathize with that mom, I can't say I understand her concerns. I know without a doubt that I have nothing to worry about because our son is with his dad.

So Sunday, as my husband reads the card I've signed for our son and opens the first in a long line of coffee mugs, ugly ties and handmade crafts that I am sure will become the hallmark of the holiday, I will also be thinking of my own dad.

And when I look at my son — who shares his grandfather's name and his father's eyes — I can proudly say he comes from a line of great men.

And what can be more comforting than that?

Mom finds 'vacation' from kids not all it was cracked up to be

It is no secret that times are tough. We're in a recession, jobs are scarce and people are being required to do more for less pay.

Once upon a time, long ago, I was an Army officer. In my current position, I'm required to wear several hats: cook, chauffeur, maid, educator, accountant, evangelist, nanny, and counselor, just to name a few. I'm on call 24 hours a day and I don't get paid a dime.

Don't call the labor union just yet — I'm a stay-at-home mom. I'm still relatively new to the job. I've been at it for three years. I have a precious 3-year-old and 6-month-old.

My husband is in command now, which means that he works every waking hour of the day and night, leaving me to wrestle our two angels alone on a regular basis.

A few months ago, I began to get that itch that many homemakers get these days. I had daydreams of living a different life; a life far away from whiny toddlers, dirty baby diapers, and endless mounds of laundry.

That amazing life where I am the one who gets to wake up in the morning and leave home for a workplace filled with other adults and mature conversation. As a result, I decided to join the Army Reserves.

Yes, one weekend a month and two weeks a year, I will dust off my uniform and go play Army.

I was so excited the week before my first battle assembly with my new unit. My husband was supportive, and even got the first sergeant to cover for him so he could stay home and watch the kids on Sunday.

However, on Saturday I had to drop the kids at the child development center and that was a tall order at 6:30 a.m., but we made it. My day at work on Saturday went flawlessly. I met new people, engaged in intelligent conversation, ate my lunch uninterrupted, and was even saluted a few times!

I was making my own money and being recognized as an individual, not just "Sydney's Mom." I was living my dream life.

COMMENTARY

By CURSHA PIERCE-LUNDERMAN

Special to the Leader



So, why wasn't I overjoyed? Something was missing, and it was my babies. All day long, amidst the stimulating adult conversation,

I wondered: Is my baby screaming or playing?

Is my toddler taking a nap or just lying on the mat running her mouth?

When the end of the day came, I could not get to the CDC fast enough. I was greeted with smiles, hugs and kisses saved just for Mommy, and my heart was full.

I was right about the luxuries of working away from home. A whole day passed and I had not washed one dish, had not wiped a dirty bum, nor had I screamed, "Stop doing that to your brother!," numerous times.

On the down side, a whole day passed and I also had not rocked my baby to sleep. I had not giggled with my toddler for no particular reason at all, and I had not received any spontaneous little kisses on the hand followed by, "Mommy, I love you!"

So, I'm going to stop looking enviously over on my hubby's side of the fence. He can keep his day job and I'll keep mine. The pay is nonexistent, but the benefits are priceless.

Editor's note: Cursha Pierce-Lunderman is a former signal officer and current Army spouse and Reservist. She is also an author of a children's book, "God's Going Too: His promises for kids during deployment." She is currently working on an adult devotional.



What's the Difference?

There are 4 things different between Picture A and Picture B. Can you find them all?



Answers: 1. missing rake 2. watering pail is larger 3. tree is smaller 4. box is missing from wheelbarrow

Unlikely Soldier became Vietnam hero

I met with retired Command Sgt. Maj. James D. Kyzer on a beautiful sun porch overlooking an immaculate back yard filled with dozens of blooming roses at his Columbia home.

After a few minutes of conversation, I realized that his success, happiness and contentment evolved over many years. Kyzer served 26 years in the Army, receiving two purple hearts for injuries sustained in Vietnam. After basic training, he headed to catch the train for Advanced Individual Training at Fort Hood, Texas, and looked over his shoulder to see a tear flowing down his father's cheek. This would be the last time he would see his father alive, but not the last time he would see him.

After AIT, he headed to Fort Campbell, Ky. for tough airborne training and wondered if his decision to enlist was a mistake. Trouble quickly followed, but as soon as he realized his actions affected his unit, he straightened up. Facing numerous medical bills after his child was born with a club foot, Kyzer re-enlisted for four more years.

He moved on to Fort Richardson, Alaska, where he met Sgt. 1st Class Powers who taught him leadership, responsibility for family and unit, strength and confidence in all his actions, and having pride in self and team. After Alaska, he went to Fort Dix, N.J., and later received orders to Vietnam, where he would use all the lessons he learned to survive.

The challenges came early for Kyzer as he served with the 101st Airborne Division, 1 Corps.

Kyzer recounted one particular experience he had in Vietnam.

"Traveling by truck to Firebase Salley with troops returning from R&R, we encountered an ambush, jumped off the truck and buried our heads in the sand."

Quickly, he took charge, started firing at the Viet Cong and encouraged his fellow Soldiers to do the same.

He was assigned as platoon sergeant of Company B, 501st and on his second fire fight, the image of his father

VETTING VETERANS

By **TERESA SANDERSON**

Leader correspondent



appeared and would reappear every time he closed his eyes.

Kyzer stated, "My father would always fall before reaching me, as his leg brace was a hindrance. I thought if my father caught up to me, I would die."

On four different occasions, he faced the grim reaper, but survived.

Later, he returned to Fort Jackson and served 18 months as a drill sergeant before orders sent him back to Vietnam, assigned to Military Assistance Command Vietnam, or MACV, in II Corps as an adviser to an Army Republic of Vietnam battle.

Two weeks after arriving, he was back in the fight, facing death everywhere, and dealing with napalm so close it came over the sand bags. It lasted 13 days, and he had to deal with his own mortality, visions of his father and the stress of combat. Strength, courage and determination carried him through the rest of his assignment. Although the fight in Vietnam had ended for him, the battle at home would continue.

There would not be any parades, warm welcomes or grand gestures of appreciation to add closure to his pain.

After his time in Vietnam, Kyzer again returned to Fort Jackson, this time as a senior drill sergeant. He was promoted to first sergeant, followed by acting command sergeant major and later, he attended the Sergeants Major

Academy and was assigned to Bamberg, Germany. He also served at Fort Benning, Ga. as command sergeant major of 1st Battalion, 58th Infantry Regiment (Mechanized); in Schweinfurt, Germany in 2nd Battalion, 64th Armor Regiment; and in Wuerzburg as the community command sergeant major. Later, he served as the commandant of the 1st Army NCO School at Bad Toelz, Germany.

He again returned to Fort Jackson, where he served as commandant of the Drill Sergeant School.

Ultimately, back surgery led to his retirement from the Army. Fueled by his devotion and love of Soldiers, he turned down several lucrative jobs to become a Noncommissioned Officers Association counselor in Columbia. The position led to his becoming the regional general manager of all NCOA service centers in South Carolina and eastern Georgia, where he met a wonderful lady.

The images of his father finally disappeared after he told his girlfriend — now his wife, Inge — that he loved her. For Kyzer, time has provided him with a sweet sense of peace, and serenity proving that strength, courage and resiliency can calm even the strongest storm.

Kyzer continues to share his lessons learned and experiences with units on post and is willing to talk to young Soldiers about living and coping with post traumatic stress disorder. He continues to serve active duty military, veterans and their families by being involved with the American Legion Post 182, adjutant of the Military Order of the Purple Heart and commander of Company A, 1st Battalion, 1st Regiment of the Combat Infantrymen's Badge Association.

He believes that if he could change the life of just one Soldier or family member, it would be all justified and worth it.

His advice: Sit back and listen to your subconscious and it will guide you in the fates of enrichment to your life.

Military Order of the Purple Heart honors wounded veterans

By **TERESA SANDERSON**
Leader correspondent

Retired Command Sergeant Maj. James Kyzer is the adjutant for the Military Order of the Purple Heart, Chapter 402 in Columbia.

The organization honors the brave men and women who have sustained a wound inflicted by an enemy in combat, regardless of branch of service or war.

The group is the only congressionally charted veteran's organization exclusively for combat wounded veterans providing a variety of veteran services, rehabilitation and educational opportunities.

The MOPH annual operating budget is approximately \$9 million, with \$6 mil-

lion going to veterans' services. That budget goes toward operations of a network of more than 70 offices staffed by service officers accredited by the Department of Veterans Affairs.

Another component of the MOPH is Veteran's Affairs Voluntary Services, which comprises volunteers who donate their time at VA facilities.

In addition, the Americanism program works with schools and other organizations to promote U.S. history. The MOPH youth program focuses on fostering pa-



KYZER

triotism and good citizenship among youth, by recognizing outstanding leadership in the Junior ROTC/ROTC programs.

The MOPH also awards scholarships to lineal descendants of the Purple Heart recipients who apply and meet other scholarship criteria.

The MOPH also works in the community through the First Responders Program by paying respect to law enforcement officers and firefighters killed or wounded in the line of duty and assisting their families.

Members are also eligible for the Pur-

ple Heart license plate, which allows holders to park at any parking meter in South Carolina free of charge.

Members of the MOPH are an example of veterans who continue to serve their country and community. If interested in joining, contact Jim Kyzer at 351-2333 or jameskyzer@bellsouth.net.

MOPH meets the fourth Tuesday of each month at the American Legion Post 6 at 200 Pickens St.

American Legion Post 182 meets the first Tuesday of the month at the Officers' Club at 7 p.m.

Combat Infantrymen's Association meets quarterly, the second Tuesday of each month at the Officers' Club at 7 p.m. The next meeting is July 14.



Army Community Service

June calendar of events

Thursday, June 18

Financial/relocation initial PCS class: 9-10:30 a.m. Education Center, Room B302
Positive parenting 101: 2-4 p.m., Joe E. Mann Center

Monday, June 22

Play group: 10-11:45 a.m., 5614 Hood St., Room 8
FRG leadership training: 9 a.m. to 4 p.m., Palmetto Lodge conference room

Tuesday, June 23

FRG leadership training: 9 a.m. to 4 p.m., Palmetto Lodge conference room

Wednesday, June 24

Play group — picnic: 10 a.m. to noon, Findlay Park, bring lunch
Employment readiness program orientation: 8:30 a.m. to noon, Strom Thurmond Building, Room 222
Resume writing for beginners: 1-3:30 p.m., Strom Thurmond Building, Room 222
Phase II LEVY briefing: 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, June 25

Ice cream social — career training: 1-2 p.m., Strom Thurmond Building, Room 222
Hearts apart:* 6-8 p.m., 2447 Bragg St.

Monday, June 29

Play group: 10-11:45 a.m., 5614 Hood St., Room 8
Pre-deployment Battlemind training (spouses): 9-10 a.m., Education Center
Post-deployment Battlemind training (spouses): 11 a.m. to noon, Education Center

Tuesday, June 30

Starting and running a small business: 9 a.m. to noon, Strom Thurmond Building, Room 222
Managing children under stress: 10 a.m. to 3:30 p.m., 5615 Hood St., Room 8
Steps to federal employment: 12:30-3 p.m., Strom Thurmond Building, Room 222
EFMP bowling: 3:30-5:30 p.m., Century Lanes (\$1 per game)
**indicates a time, date or location change*

For more information or to register for classes, call 751-5256 or 751-6325.
This information is published the last week of each month in *The Fort Jackson Leader*.

Red Cross donation



Courtesy photo

Jo An Miller, Fort Jackson Red Cross senior station manager, second from right, and Denise Cuenin, Fort Jackson Red Cross advisory council member, second from left, accept a check worth \$4,375 from AllSouth representatives Ivette Starkey, left, and Kenny Vinson. The money was raised by the Soldiers and Vets Golf Tournament and will be used for the Fort Jackson Red Cross volunteer program.

Defending champs



Photo by CRYSTAL LEWIS BROWN

Azzalee Brown, IMCOM Southeast regional food adviser, watches as Tenika Blanchard, a cook with the 2nd Battalion, 39th Infantry Regiment dining facility, checks food temperatures. Brown was inspecting the facility as part of the nomination process for this year's Philip A. Connelly Award. The 2nd Bn., 39th Inf. Reg. dining facility will be seeking to defend its title after winning in the large garrison category this year. The Connelly Award is an Army-wide program honoring the best food service facilities in five categories.

Meeting gives chance to voice concerns

The following issues were submitted by community members through the Community FIRST/AFAP issue resolution process. Each issue is complete.

Issue: Training for AAFES employees
There is no formal training for new AAFES employees. “New hire” orientation only trains new employees on company policy such as dress code, not on actual job performance.

Recommendation: Implement a training program for all new hires.


Response (as of May 09): AAFES has always had a formal training plan in place for new employees. They go through new hire orientation for one full day followed by a documented on-the-job training plan. Additionally, all associates are put through mandatory annual training which takes place through online tutorials as well as formal classroom sessions. AAFES also offers dozens of additional classes that are job specific and managers identify associates that need to complete these courses.

Forum: Civilian Employee Focus Group, 2nd Qtr FY09

Issue: Laundry facility for families
There is currently no laundromat/washing facility for family member use, and the Soldiers’ facilities are off limits. The availability of laundry facilities located off-post is limited, and those that do exist are not in the safest parts of

CUSTOMER SERVICE CORNER

By **VERONICA PATRICK**
Community FIRST Coordinator



town. Having a laundry facility on post for family members would prevent unauthorized use of Soldiers’ facilities and better accommodate families residing on the installation.

Recommendation: Designate and renovate one of the laundry facilities on post for use by family members.

Response (May 09): AAFES operates a laundromat on Fort Jackson. It is located in Building 10440 (Tank Hill Troop Store) and is open 24 hours a day. This is an AAFES vending operation and is not restricted to military use.

Forum: Issue Submission Month, 2nd Qtr FY09

Issue: Unauthorized use of on-post facilities
People who are not ID card holders should not be authorized to make purchases in the PX, Class Six stores and commissary. This causes loss of tax money and takes away

from the benefit that should be extended only to ID card holders.

Recommendation: Authorize only ID card holders (active duty Soldiers, retirees and their families) use of these facilities.

Responses (May 09):
From AAFES: Non ID-card holders are not allowed to purchase items from AAFES facilities. They can, however, be signed in as guests of authorized ID card holders.

From commissary: Guests are not allowed to make purchases at the commissary. Only authorized ID card holders may make a purchase. Congress has authorized customers to bring as many guests as they like into the commissary, but the guests may not make purchases. To ensure authorized use of the commissary, ID cards are checked at the registers before purchase. Customers are allowed to pay for up to two separate orders.

Forum: Issue Submission Month, 3rd Qtr FY09

ICE APPRECIATION
The garrison congratulates the Directorate of Human Resources; specifically the Personnel Operations Work Center (Separations) and Retirement Services. They earned a 4.99 and a 4.88 percent rating, respectively, out of a possible 5.0 in employee/staff attitude over a 12-week period. This is an outstanding performance in Customer Service!

Saluting this Basic Combat Training cycle’s honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Peter Donigan
Company A
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Robert Velazquez

SOLDIER OF THE CYCLE
Spc. Mack Campbell

HIGH APFT SCORE
Pvt. Gage Carnes

HIGH BRM
Pfc. Kyle Peres



Staff Sgt.
Leron Delaney
Company B
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Odette Aquino Perez

SOLDIER OF THE CYCLE
Spc. Derrick Chan

HIGH APFT SCORE
Pvt. Lauren Campbell

HIGH BRM
Pfc. Paul Coussens IV



Staff Sgt.
Brian Garrett
Company C
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Kelly Kimbrough

SOLDIER OF THE CYCLE
Pvt. Elias Wagner

HIGH APFT SCORE
Pvt. Christian Reyes Rios

HIGH BRM
Pvt. Jon Caceres Torres



Staff Sgt.
Tabitha Easley
Company D
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Brandon Zolynsky

SOLDIER OF THE CYCLE
Pfc. Sean Lanegan

HIGH APFT SCORE
Pvt. Joshua Stewart

HIGH BRM
Pvt. Darren Singleton



Staff Sgt.
Don Gillam
Company E
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Alon Humphrey

SOLDIER OF THE CYCLE
Pfc. Brian Lux

HIGH APFT SCORE
Pvt. Shi Jain Ren

HIGH BRM
Pfc. Jason Keefer



Staff Sgt.
Ian Cook
Company F
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Cassandra Barrett

SOLDIER OF THE CYCLE
Pvt. Joshua Skeesick

HIGH APFT SCORE
Pvt. Tyler Osbourn

HIGH BRM
Pvt. Winston Wheeler and
Pvt. Michael Randazzo

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT OF THE CYCLE
1st Lt. William Luker

TRAINING SUPPORT AWARD
Staff Sgt. Benjamin Cardwell

DFAC AWARD
Ojean Hopkins

HAPPENINGS

Calendar

Today
Installation Action Council meeting
2-4 p.m., Post Conference Room
All community members can attend. For more information, call 751-4926.

Tomorrow
MACH NCO Induction Ceremony
3:30 p.m., NCO Club
Speaker: Command Sgt. Maj. Brian Stall
Commanders and command sergeants major RSVP at *Eric.Mason@amedd.army.mil*.

Thursday, June 25
Hearts Apart meeting
6-8 p.m., 2447 Bragg St.
Call 751-5458 for information.

Sunday, July 12
Sunday Worship Concert series
9:30-11 a.m., Solomon Center
Philip Bardowell performing.

Wednesday, July 15
Violence in the Workplace training
9-10 a.m. or 1-2 p.m.
ASAP classroom, 3250 Sumter Ave.
Call 751-5007 for information or to RSVP.

Announcements

RRS GRADUATION SPEAKER
Command Sgt. Maj. Dennis King, U.S. Army Accessions Command, will speak at the Recruiting and Retention School graduation, 9 a.m. tomorrow in the Soldier Support Institute auditorium.

USACHCS STAFFING
The U.S. Army Chaplain Center and School will be operating at minimum staff noon-5 p.m., tomorrow because of the school's summer cookout. Call 413-8189 in case of emergency.

THRIFT SHOP UPDATE
The Thrift Shop will be closed in July. Starting Aug. 1, the shop will be open Tuesday, Wednesday and Thursday, 9 a.m.-3 p.m. It will no longer be open Saturdays. The Thrift Shop is also hiring a consignment clerk. Call 787-2153 Tuesdays or Thursdays for information.

PAIO OFFICE RELOCATION
Plans, Analysis and Integration Office (PAIO) and Customer Management Services has moved. The new address is 4356 Hardee St.

COMMISSARY HOURS
The commissary will be open July 4, 7:30 a.m. to 4 p.m.

COMBAT VETERANS STUDY
Dorn VA researchers are conducting a study of new treatments for OIF/OEF veterans who have problems with stress, anxiety, disturbed sleep, nightmares, etc.

The five-week study involves no drugs, and eligible participants will receive \$600 for completing the study. For more information, call 777-7296/9929 or e-mail *Stanistr@mailbox.sc.edu*.

FREE ZOO ADMISSION
Children of deployed military personnel can visit the Riverbanks Zoo free Sunday. The offer includes children who have had a parent return from a deployment within the last year. This Father's Day promotion also allows all fathers free entry.

CIF CLOSURE
The Central Issue Facility, including classification, will be closed through tomorrow for inventory and will reopen Monday.

SALEM ROAD CLOSURE
Salem Road is closed to automobile and pedestrian traffic from Winston Road to Cobb's Pond Road until Aug. 16 while the bridge is being replaced.

CID CRITERIA CHANGE
CID has changed its acceptance criteria to temporarily accept staff sergeants. The change now allows Soldiers, E-4 to E-6, regardless of MOS to apply. Applicants must be eligible to obtain a top secret clearance, be at least 21 years old and have served at least two years on active duty.

To apply, visit *www.cid.army.mil* or contact the Fort Jackson CID office at 751-7665/3789.

WOUNDED WARRIORS' RETREAT
South Carolina National Guard, Soldier Family Assistance Center and the American Red Cross are hosting a Wounded Warriors' Retreat Aug. 14-16 at Bethelwoods Camp in York.

This free event for wounded Warriors and their families will be filled on a first come basis. Register by July 10. Contact 806-1641 or *www.guardfamily.org* for information.

AAFES CONTEST
Fort Jackson AAFES will be giving away one "Step 2" children's playhouse as part of a worldwide AAFES contest. Authorized AAFES shoppers can register at the PX through June 25 for a chance to win the playhouse.

SUMMER READING PROGRAM
The Thomas Lee Hall Library is accepting registration for its 2009 summer reading program. The theme for this year is "Be creative/express yourself at your library." The program is open to those of all ages and includes various programs, story hours, reading clubs, prizes and more. All programs are free. For information, call 751-5589 or visit *www.Fort-Jacksonmwr.com/library*.

SPEAK OUT FOR MILITARY KIDS
The South Carolina Operation Military Kids will be conducting four one-day

events. Select participants from those events will also be invited to participate in a three-day event for additional training. The four event locations are:
Today — Shaw Air Force Base, Sumter
July 15 — Fort Jackson
July 24 — Beaufort Marine Corps Air Station
July 30 — Charleston Air Force Base
All workshops are 9 a.m.-4:30 p.m. Youth 13-18 years old are invited to participate. For information call 773-5561 or e-mail *Woodrow@clemson.edu*.

MP WARFIGHTER COMPETITION
Registration is now open for the 13th annual Military Police Warfighter Challenge. The Warfighter Challenge is slated for Sept. 15-19 at Fort Leonard Wood, Mo. Battalions or separate companies may send one team, which must consist of a staff sergeant, sergeant or corporal team leader and two specialists or below. Registration forms can be downloaded from AKO and should be e-mailed to *leon.warfighter@conus.army.mil*.

CoC/CoR ceremonies

Today
Change of Responsibility, Adjutant General Corps
9 a.m., SSI Auditorium
Chief Warrant Officer 5 Ronald Galloway relinquishes command to Chief Warrant Officer 5 Scott Hagar.

Tuesday
Change of Command, 3rd Battalion, 13th Infantry Regiment
9 a.m., Officers' Club
Lt. Col. Randall Harris relinquishes command to Lt. Col. Benjamin Higginbotham.

Wednesday, July 1
Change of Command Soldier Support Institute
9 a.m., Officers' Club
Brig. Gen. Richard Mustion will relinquish command to Col. Mark McAlister.

Pets of the Week



Photo by OITHIP PICKERT

Two 10-week-old kittens are looking for a home. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Housing events

Tomorrow
Father's Day Outing
Enjoy a full day of fun celebrating dads.

Friday, June 26
Friday Night Live
A program designed just for teens. This monthly program will include various activities and snacks. After four visits, teens will be entered into a raffle.

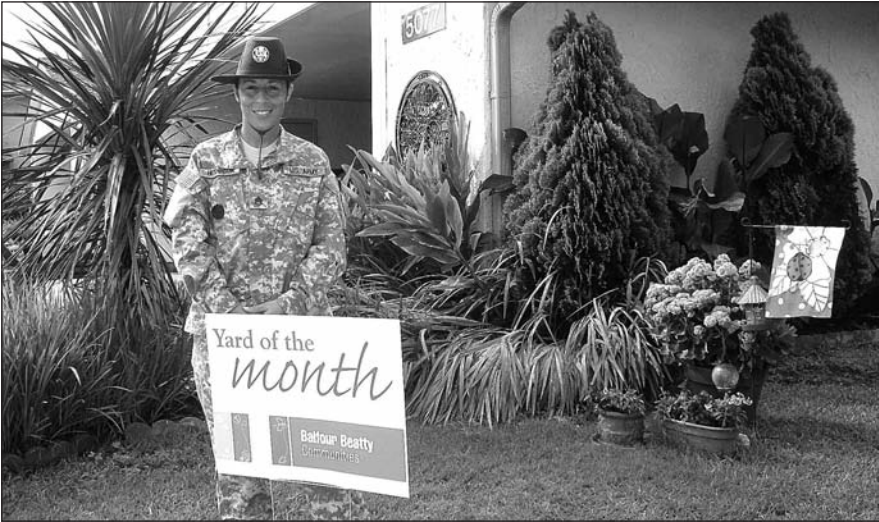
Saturday, June 27
Community yard sale
Let Balfour Beatty advertise your yard sale for you. Contact Courtney for details.

Every Tuesday
Walking club
9 a.m., Strollers are welcome.

Every Thursday
Kids Day
10 a.m., Themed activities for children.

All events are held in the Balfour Beatty Communities management office. For more information, call Courtney Williams at 738-8275.

Yard of the Month



Courtesy Photo

Staff Sgt. Valerie Hutchinson shows off her yard. Hutchinson is Balfour Beatty's grand prize winner for May's Yard of the Month.

Programs aim to make school transition easier

The first day of school is something many children and parents look forward to with a mixture of excitement and trepidation.

To ease that transition, and to meet the initiatives of the Army Family Covenant, Fort Jackson Child, Youth and School Services will offer Strong Beginnings and Kindergarten Boot Camp this summer.

Both programs are being implemented Army-wide.

Kindergarten Boot Camp will be offered this summer for children entering kindergarten in the fall. Sessions will be offered Monday-Friday, 8:30 a.m.-2:30 p.m., July 20-31 and Aug. 3-14 at the Pinckney Annex.

The cost is \$50 for the two-week session. Four year olds already enrolled in care at the Scales CDC, will be included in Kindergarten Boot Camp as part of their Scales curriculum at no additional cost.

"The children will learn new skills to help make their transition to school easier," said Rose Edmond, CYSS chief.

"Such as carry(ing) a lunch tray, fire drills, lining up, and asking for permission to use the restroom."

On the academic side, the children will be taught the benchmarks teachers will be expecting them to know once they enter kindergarten. The children will go on field trips and learn how to board and exit a school bus, as well as how to behave on field trips.

The Pinckney Annex is located in the former Hood Street School. Kindergarten Boot Camp will take them out

Army Family Covenant

THERESA O'HAGAN

Family and Morale, Welfare and Recreation

of the CDC environment and place them in a school setting, therefore, when they enter school in the fall they will be familiar with routine, expectations and environment.

Strong Beginnings, which starts Aug. 1, is for pre-kindergarten children who are at least 4 years old or who will reach their fourth birthday by Sept. 1.

"The program prepares children to transition to kindergarten and to give them a strong academic start to their public or on-post school experience," Edmond said.

The program is designed with the same standards and benchmarks for similar academic programs across the nation.

The program will meet Monday-Friday, for three hours a day, 8:30-11:30 a.m. at Scales Avenue Child Development Center. Parents have the option of choosing Strong Beginnings with or without full-day care.

Fees for Strong Beginnings will be set by income category. For those who opt for full-day care, the fee will be the same as the current full-day care fee for their income category.

For more information on Kindergarten Boot Camp or Strong Beginnings, call Rose Edmond at 751-1672.

FMWR calendar

TODAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m.-1:30 p.m. for specials or the buffet.

TOMORROW

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.
- ☐ Family Golf Night, 5-7 p.m., Fort Jackson Golf Club.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.
- ☐ Play along with the U.S. Open Golf Tournament at the Fort Jackson Golf Club, Saturday and Sunday.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club.

MONDAY

- ☐ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.

WEDNESDAY

- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.

ONGOING OFFERS

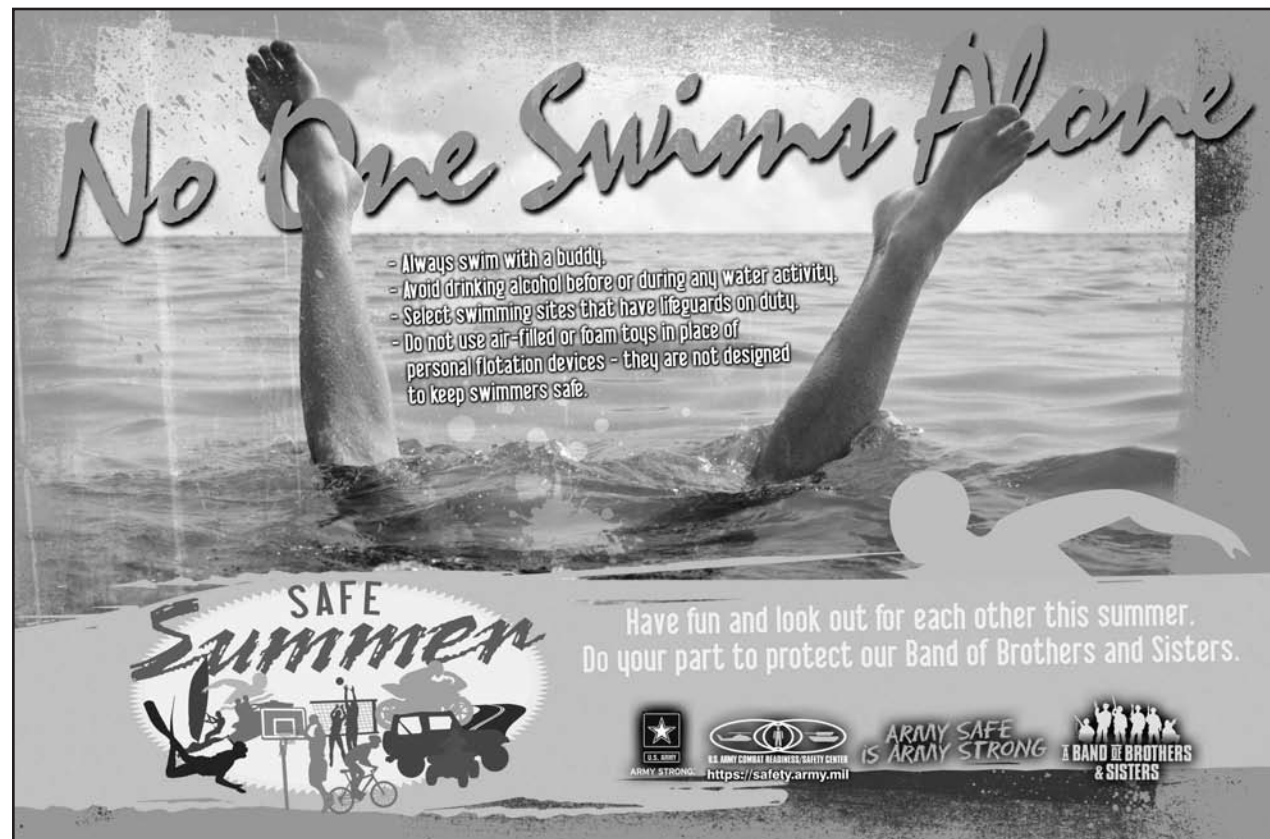
☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifications.

☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

☐ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for most hotels. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is installation number 164.1.

☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.

☐ Child, Youth and School Services provides free child care and youth programming on Saturdays for active-duty parents who must work to meet mission requirements. The free child care is also available to parents who are in the National Guard or Reserve during battle training assembly. In addition, child and youth programming is available to other parents at an hourly or daily rate.



LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

- ☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the July 2 *Leader* must be submitted by today.
- ☐ Announcements are due one

week before the scheduled publication. For example, an announcement for the July 2 *Leader* must be submitted by June 25.

☐ Send all submissions to FJLeader@conus.army.mil.



Photos by DELAWESE FULTON
Above, the specialists are singing their hearts out. Spc. Allah Johnson of Fort Lee, Va.; Spc. Carlos Benefield of the U.S. Army Reserve, Union; and Spc. Julio Petersen III of Fort Leonard Wood, Mo., perform during the opening act. Right, from left to right, Sgt. Dawn Florence of MacDill Air Force Base, Tampa, Fla.; Pfc. Susan Noga of Fort Bragg, N.C.; Sgt. Jennifer Noel of Walter Reed Army Medical Center, Washington, D.C.; and Staff Sgt. Nafrettiti Griffin of Fort Meade, Md., perform at the 2009 Soldier Show.



Soldiers strike ‘solid gold’ with musical performance

By DELAWESE FULTON
Fort Jackson Leader

There were lights, cameras, action and plenty of bopping at the 2009 U.S. Army Soldier Show held June 13 and 14 at the Solomon Center.

The touring show’s cast is made up of 15 Soldiers from various installations, who represent the best of two-month’s worth of auditions.


They train at Fort Belvoir, Va.; and then for the next seven months or so, they entertain audiences with renditions of musical acts from yesteryear to now.

“There is something for everybody,” said Sgt. Daren Taylor of Fort Belvoir. Taylor is the show’s music production associate. “There is music that will touch the more aged and young folks.”

The 2009 Soldier Show cast sung the best of Kanye West, Rihanna, Beyonce, Taylor Swift, Sugarland and classics from the 1960s and 70s.

Sgt. Sarah Connell, a medic at Moncrief Army Community Hospital, performed in several renditions, including one called “Romeo and Juliet.” It featured

CAMPAIGN PLAN FOCUS



The U.S. Army Soldier Show is an FMWR program aimed at enhancing quality of life. Those programs are recognized in the Fort Jackson campaign plan under several major objectives (5.4 and 6.4 on the strategy map). Quality of life is one of the campaign plan’s three lines of operation.

In addition to Connell, there are two other Soldiers with South Carolina ties in the 2009 Soldier Show. Reservists Spc. Carlos Benefield of Union, and Staff Sgt. Toure Clark of Columbia’s 321st Regiment, 98th Division.

At the Saturday night performance and live broadcast of the Soldier Show, Soldiers exclaimed, “Hooah!” while family and friends swayed to Beyonce’s “Single Ladies.”

“I like the entertainment. It is all pretty good. They did a great job,” said Staff Sgt. Lenworth Gregory of Company C, 3rd Battalion, 60th Infantry Regiment.

First Sgt. Prescottte Hawkins, of Company F, 2nd Battalion, 13th Infantry Regiment, said he wished more Soldiers would have been allowed to attend the event.

“We were allotted only 300 ... My whole company would have enjoyed this.”

Soldiers interested in performing in the 2010 Soldier Show should contact its music production associate, Sgt. Daren Taylor at (703) 380-8829.

Delawese.Fulton@us.army.mil



Above, Sgt. Sarah Connell of Fort Jackson sings during the “Romeo and Juliet” performance of the show. Performers sang Taylor Swift’s “Love Story” and Sugarland’s “Stay” during the act. Left, Staff Sgt. Deneen Murray of Fort Lee, Va., takes us back to the era of “Solid Gold.” Murray adds some flavor to her performance with Sugar Hill Gang classic “Rapper’s Delight.”

Time, sacrifice vital in achieving success

By **CHAPLAIN (MAJ.) HAROLD CLINE**
U.S. Army Chaplain Center and School

As I write this article, it is the afternoon of May 22. An hour ago, I returned to my desk from performing the funeral of Chief Warrant Officer 4 Bobby G. Bruce. Bruce was a rotary-wing pilot with nearly 9,000 hours of flight time, 688 of which were in combat in Vietnam.

Did you know that 9,000 hours equals 375 days? Imagine that: spending more than a year of your life flying a helicopter. Bruce was qualified to fly eight separate aircraft, ranging from the tiny OH-6 (Rangers call it “little bird”) to the mighty CH-47 Chinook. But that’s not all.

Bruce was such an excellent helicopter pilot that the Army called upon him to fly the president. From 1963 to 1976, he flew presidents Kennedy, Johnson, Nixon and Ford. How’s that for a distinguished career?

So, what has that got to do with anything? Good question. Here is my answer.

I bet that no one walked up to recruit Bobby Bruce when he got off of the bus at the reception center and said, “Hey Bruce, we think that you’ll make a great helicopter pilot, and we want you to fly for the president.”

No, that didn’t happen. Bruce had to work his way up. It

took years for him to earn his flight rating and prove his capabilities.

How does this story stack up with the way our culture looks at success today? The new American Idol was recently named. The guy who won went from nobody notable to a pop sensation in one TV season.

What sense does that make? We have allowed Madison Avenue, Hollywood and pop media to convince us that you can excel and be a big success without effort.

Guess what? For 99.99 percent of us, it is not going to happen that way. You and I will have to work for what we have. If we receive recognition and praise from superiors and peers, it will be because we make the sacrifices necessary to achieve greatness through dedicated hard work.

The apostle Paul, in the book of Romans, sent greetings to some friends. In doing so, he singled them out, not only in their church, but for the rest of history, as distinguished people of God. He wrote, “Greet Tryphena and Tryphosa, those women who work hard in the Lord. Greet my dear friend Persis, another woman who has worked very hard in the Lord” (Romans 16:11-12).

From the time Paul first wrote Romans until the day time ends, Christians will read these words and know that these three women were of the highest caliber. We don’t know

much about what they did, but we know that Paul deemed them worthy servants of God and people of great character.

I would submit to you that nothing of any real value comes easy or for free. You and I will probably not have anything of value that we do not earn. We have to work all of our lives to build our skills, our wealth and our reputations. I would also venture to guess that we will not become pillars in the kingdom of God without equally intense dedication and fidelity.

I am a Christian. I firmly believe in the reality of grace. However, I also believe that you and I have to work to achieve anything that is worth noting. An old fast-food restaurant commercial used to feature a little girl saying, “Anything worth having is worth waiting for.”

I agree. I would also say that anything worth having is worth working for. If you are not willing to work for it, you don’t really want it. The opposite is also true. If you are willing to make the sacrifices and spend the time and effort you can achieve great things.

Don’t wait for someone else to make your dreams and expectations of life come true; go make those things happen. If they are worthy, noble activities that build our nation and the Kingdom, may God grant you success.

Godspeed.



PROTESTANT

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday
6 p.m., Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

- Protestant Bible Study**
- Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
- Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

- PROTESTANT YOUTH OF THE CHAPEL**
- Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
 - Sunday
5 p.m. Main Post Chapel

- CATHOLIC**
- Monday-Thursday
11:30 a.m. Mass (Main Post Chapel)
 - Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. CCD (Education Center)

- 9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

LUTHERAN/EPISCOPALIAN

- Sunday
8 a.m. Memorial Chapel

ISLAMIC

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

Neutrality in order when dealing with organizations

By SGT. 1ST CLASS KIMBERLY TURNER
Assistant Inspector General

Pvt. Jay, a recent Advanced Individual Training graduate, reported to her first formation at her new duty station. During the formation, 1st Sgt. Johnson gave a company briefing on Kings Training Corp., a private organization.

He explained the benefits of belonging to the organization and how he had been a member for 10 years. He then provided an incentive for Soldiers to join — any Soldier who joins KTC will receive a three day pass.

Pvt. Jay was not sure she wanted to join the organization, so she asked her squad leader about it. Her squad leader told her, “Either you join or you will be working by yourself on

Friday.”
Pvt. Jay signed up for KTC and received Friday off.
The next week, two Soldiers in the same squad, who had previously signed up for KTC, told the squad leader, they thought it was unfair that they had not received a day off.
The Soldiers went to the IG office to request assistance for unfair treatment.

They explained to the IG representative that in formation, the first sergeant had promised Soldiers a day off for signing up for KTC. The Soldiers were told they were ineligible to receive a day off because they had signed up previously.
A representative from the IG office reviewed AR 210-22, Private Organizations on Department of the Army In-

stallations, which states that Army employees (military or civilian) will remain neutral in dealing with private organizations.

Accommodations of one organization over another will be avoided, and there will be no preferential treatment or even the appearance of favoritism.

Army employees will not use their titles, offices, or positions in connection with their personal private organization participation to officially endorse an organization or its activities. They also noticed that in accordance with AR 210-7, Personal Commercial Solicitation on Army Installations, paragraph 2-9b, solicitation of mass, group or captive audiences is forbidden.

For information, call the IG Office at 751-5580.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief



CASES OF THE WEEK

❑ Fort Jackson Fire Department personnel broke the window of a car to rescue a child who had been accidentally locked inside, Military Police said. Emergency Medical Services personnel determined the child was not injured.

❑ MPs disposed of a small amount of marijuana found near a dining facility parking lot.

❑ Explosive Ordnance Disposal personnel secured a training rifle grenade round near a construction site after responding to a possible unexploded ordnance report, MPs said. EOD cleared the area and determined it was safe.

TIP OF THE WEEK

A vacationer's empty house can be a tempting target for burglars. This checklist can help safeguard a home during vacations.

- Have good locks on all doors and windows and use them.
- Ask a neighbor to watch the house while you are away. You should leave your vacation address and telephone number with a neighbor so you can be reached in case of an emergency.
- Never leave your house key hidden outside your home.
- Stop all deliveries, or arrange for a neighbor to pick up your mail, newspapers

- and packages.
- Arrange for someone to mow your lawn, rake leaves and maintain the yard to give the home a lived-in look.
 - Plug in timers to turn lights, a radio or television on and off at appropriate times. This helps to disguise the fact that you are away.
 - Turn the bell or ringer on your telephone down low. If a burglar is around, the burglar will not be alerted to your absence by a ringing phone.
 - Do not announce your absence on answering machine messages.
 - Leave your blinds, shades and curtains in a normal position. Do not close them unless that is what you do when you are home.
 - Close and lock garage doors and windows. Ask a neighbor to park in your driveway from time to time during your absences. If you leave your car at home, park it as you normally would. Vehicles parked outside should be moved occasionally to appear that they are being used.
 - Secure storage sheds, attic entrances and gates.
 - Tell the Provost Marshal's Office you plan to be away. Patrol officers may have the opportunity to periodically check your home.
 - Have a written record of all your important serial numbers, credit card numbers any other important documents or numbers that you do not want to lose and keep them in a secure place, such as a safe or safe deposit box.

FORCE PROTECTION THOUGHT OF THE WEEK



THERE IS NO "I" IN "TEAM"!
...But there is an "I" in "I practice OPSEC at work and home!"

Get in shape with Denzel

I have always been a big fan of actor Denzel Washington. He has a remarkable talent for taking any role and any character and making an audience believe that he is that character.

He also is an avid believer in maintaining good health and fitness. But my admiration for Washington goes deeper than that.

In 2003, I had an opportunity to meet the Oscar award-winning actor.

As I traveled back from the National Training Center in California, I stopped in the restroom at Los Angeles International Airport. As I was washing my hands, guess who walked in? Yep, you guessed it, Denzel Washington.

I was at a loss for words and didn't know what to say. Washington kindly greeted me, and I returned his greeting. To avoid giving him the impression that I was another star-struck fan, I avoided asking him for an autograph. Instead, I wished him continued success as we exchanged goodbyes.

As I walked out of the restroom, I turned one more time to get a glance at my favorite actor. All of a sudden, I was pushed back by six women who grabbed me. It appears that for a brief moment, they thought that I was Denzel Washington. Now that I think about it, I can kind of see the resemblance myself.

With all of his great accolades and awards, his most overlooked accomplishment is the fact that he always makes time to stay healthy and fit.

Using some of his most notable movie titles, I want to provide you with a few fitness tips to help you achieve better health:

TRAINING DAY

Choose three to four days per week that you will dedicate to engage in some form of physical activity. The key is to remain consistent so you can achieve your desired results sooner. Let today be your first training day.

COMMENTARY

By MAJ. THOMAS HUNDLEY

Special to the Leader



OUT OF TIME

Sacrifice 30 minutes of sleep each morning to dedicate to your workout. Once the work day begins, people or other circumstances may demand much of your time. But if you begin each day with your workout, you can be assured that you won't run out of time.

COURAGE UNDER FIRE

Remain faithful and committed to your workout regardless of the difficulties that lie ahead. When you feel yourself reaching the point of fatigue, reach down deep, and crank out one more.

REMEMBER THE TITANS

I really don't have a good tip for that, but I sure did enjoy the movie.

GLORY

Consistency in your training, dedication to your workout, and courage to keep going are all you need to achieve better health. Just like Denzel Washington, you too can experience a life of glory.

Sports shorts

❑ The Rock Climbing Club will have its first meeting, Monday, 6 p.m., at the Youth Services Center. The season runs from June through August. Registration is \$40 for the first child and \$36 for each additional child. The club is for 7 to 18 year olds. Call 751-5040 for information.

❑ Letters of intent for intramural and recreational golf are due June 30. Each team must consist of eight players. For more information, call 751-3096.

❑ Summer intramural basketball games are played Mondays and Wednesdays at Coleman Gym. Games start 6, 7 and 8 p.m.

❑ The Army 10-miler qualifier is scheduled July 18 at 5:30 a.m. The runners will begin at Patton Stadium Gate on Kershaw and will turn right onto Dixie Drive, go out 5 miles and come back. Call 751-3096 for information.

❑ Small Games, July 23, Magruder's Pub. The tournament is for active-duty service members only. Register by 3 p.m., July 16. Games include 8-ball, table tennis, arm wrestling, darts and hot shot basketball. Soldiers can participate in one event only. Each battalion can enter up to five Soldiers in each event. For more information, call 751-3096.